



Lyng Church of England Primary Academy

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SEND Newsletter 09 October 2026

Family Action October 2026 Newsletter

Please find the link below to the October edition of the Norfolk & Waveney Family Action newsletter. This group aims to support parents of children with ADHD and Autism.

<https://sway.cloud.microsoft/7vp63miEE5LsQA4o?ref=email>



Please take a look at our updated SEND Information Reports, now available on our school SEND page. Our SEND page also includes a wealth of useful information, resources and signposting to help support families and provide guidance on a range of SEND-related matters. Please contact our SENDCo Mrs Smith at- office@lyng.dneat.org for further information.

Just One Norfolk - 0300 300 0123

<https://www.justonenorfolk.nhs.uk/our-services/just-one-number-parentline/>

This is the contact information for children's health services in Norfolk, should you need any help with health issues or parenting advice.

Free Hoopstars session for Young carers

Looking for a free activity to do during the school holiday?
Then come along and join us for 1 hour's basketball training with other Young Carers in Norfolk.

An opportunity to develop your skills, get moving and meet other Young Carers all while having fun.

We can't wait to meet you

Venue: Watton Community Center

Date: Wednesday 28th October

Time: 2:00 - 3:00 age 8+

Time: 3:00- 4:00 age 13+

Sign up here



by Monday 19th October

For more information please contact Sally at sally.rigby@benjaminfoundation.co.uk

The Benjamin Foundation

Positive outcomes for children, young people & families

Kids



Norfolk Parent Carer Service

Autumn Term Online Workshops



Tuesday 22nd September Demand Avoidance

10.30am - 12.30pm

Sunday 4th October Eating Challenges 2pm - 4pm

Wednesday 7th October Eating Challenges 11am - 1pm

Wednesday 14th October Sleep 10.30am - 12.30am

Sunday 25th October Demand Avoidance 2pm - 4pm

Sunday 8th November Behaviour 2pm - 4pm

Friday 20th November Behaviour 10.30am - 12.30pm

Sunday 22nd November Sleep 2pm - 4pm

Monday 23rd November Resilience 11am - 1pm

Sunday 29th November Resilience 2pm - 4pm

Scan here for
booking form:



Join us online - just
scan the code and
choose your dates!

Email
sally.macgregor
@kids.org.uk
for more info



Norfolk and Waveney Autism/ADHD Support Service

Drop-In Support Groups

We would love to see you for a tea/coffee and chat. Our Family Support Workers will be available, and you can drop in at any time and leave when you are ready. Please note that these sessions are for parents and carers; they are not stay & play sessions for children, however if you have difficulties with childcare, please speak to our team in advance.

October 2026:

Gorleston	Gorleston Library, Gorleston-on-Sea, NR31 6SG Wednesday, 7th October, 10am - 11:30am
Lowestoft	The Kirkley Family Hub, Kirkley Street, Lowestoft, NR33 0LU Thursday, 1st October, 10am - 11:30am with Sue Willgoss
Thetford	Thetford Library, Raymond Street, Thetford, IP24 2EA Family Action not attending in October.
Norwich	Costessey Library, Breckland Road, Costessey, Norwich, NR5 0RW Monday, 26th October, 9:30am - 11am
Dereham	Dereham Library, 59 High Street, Dereham, NR19 1DZ Monday 5th October, 1:30pm - 2:30pm with SENDIASS
King's Lynn	Family Hub, St. Augustine's Healthy Living Centre, Columbia Way, King's Lynn, PE30 2LB Monday 12th October, 10:30am - 12:30pm
Swaffham	Costa Coffee (Upstairs), Market Place, Swaffham, PE37 7AB Wednesday 14th October, 9:30am - 11am
Downham Market	Swan Youth Project, Paradise Road, Downham Market, PE38 9JE Tuesday 20th October, 9:30am - 11am

Please note that these dates can occasionally be subject to change, please contact us or check our Facebook page (see below) for any updates.



01603 972589 or 01493 650220



NorfolkandWaveney@family-action.org.uk



Norfolk and Waveney Autism/ADHD Support Service



family-action.org.uk

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Family Action Norfolk and Suffolk Services

Here is a list of services and their contact details:

★ Norfolk and Waveney Autism/ADHD Support Service

Offering support to parents/carers of children and young people with or without a diagnosis.

Email: norfolkandwaveney@family-action.org.uk

Phone: 01603 972589

★ Swaffham WellFamily Service

Promoting happier, healthier and safer families.

Offering flexible and tailored support to people of all ages, and supporting adults, children and individuals.

Email: swaffhamwellfamilyreferrals@family-action.org.uk

Phone: 01760 725801

★ Puffins Programme

Puffins is a free 4 session course for parent/carers of children and young people, with a diagnosis of autism, living in west or central Norfolk. It is delivered by Family Action alongside colleagues from the Neurodevelopmental Service and Educational Psychology.

Email: puffins@family-action.org.uk

Phone: 01760 725801

ASD Helping Hands

My Autism Passport – a free app designed to help autistic people communicate what matters to them, quickly and clearly.

The app lets you create your own personalised Autism Passport with information about your communication, sensory needs, routines, support preferences and the things other people should know.

You can:

- Create and save your own Autism Passport
 - Keep multiple passports on one device
- Use Quick View when you need to show important information quickly
 - Share your Autism Passport by email or PDF
- Use communication cards for difficult situations
- Create private “Prepare Me” plans to help with upcoming events or changes

Your information stays on your device and you decide what you share.

My Autism Passport is available now on Google Play and will be coming to the Apple App Store shortly.

Find out more and download it here:

<https://www.asdhelpinghands.org.uk/supporting-you/my-autism-passport/>



Kids



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Norfolk
County Council

Dad's Time!



Are you a dad, stepdad,
grandad or male carer for a
young person (0-18 years)
with SEND?

Then this is for you!

Come and join us at Albion Games
Cafe in Norwich for a drink,
gaming and connection with
other parent carers.



Autumn Term Dates:

Tuesday 8th September
Tuesday 13th October
Tuesday 10th November
7:30pm – 9pm

Albion Games Cafe
21 St Benedicts Street
Norwich, NR2 4PF

Email
hayley.huckle@kids.org.uk
for more info

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Norfolk
County Council

Norwich Hunter Road Coffee and Connect

Autumn Term Dates

Wednesday 9th September
Able2B

Wednesday 23rd September
Parent Info Sharing

Wednesday 21st October
Autism Anglia

Wednesday 4th November
Jordan Winn

Wednesday 18th November
TBC

Wednesday 2nd December
Thrive Autism

Wednesday 16th December
Christmas Craft

Join us for a cuppa at the Family Hub, Hunter
Road, Norwich, NR3 3PY
10am – 12pm

Email hayley.huckle@kids.org.uk for more info